



**Proverbs for Daily Living (Part-5)**  
**Proverbs on Discipline and Self Control**  
**Sunday February 08, 2026 – Sermon Outline**

Covered so far:  
Proverbs on wisdom  
Proverbs on relationships  
Proverbs on family  
Proverbs on purity and integrity

**Today: Proverbs on Discipline and Self Control**

Today we consider various areas Proverbs instruct us to exercise discipline and self-control. As we discuss these, we know that God by His Holy Spirit can empower us in these areas.

**DISCIPLINE IN WORDS**

**Proverbs 10:19**

**In the multitude of words sin is not lacking, But he who restrains his lips is wise.**

**DISCIPLINE IN EMOTIONS**

**Proverbs 14:29**

**He who is slow to wrath has great understanding, But he who is impulsive exalts folly.**

**Proverbs 16:32**

**He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city.**

To “rule over his own spirit” means having the ability to govern your emotions, impulses, reactions, and desires rather than being governed by them. In Hebrew, ruach (“spirit”) can refer to one’s inner life: temper, breath, emotions, will. Real strength is self-control, especially over anger.

Our emotions are real. But we do not permit our emotions to govern us.

**DISCIPLINE IN SITUATIONS**

**Proverbs 17:27**



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**He who has knowledge spares his words, And a man of understanding is of a calm spirit.**

**Proverbs 15:18**

**A wrathful man stirs up strife, But he who is slow to anger allays contention.**

**Proverbs 30:33**

**For as the churning of milk produces butter, And wringing the nose produces blood, So the forcing of wrath produces strife.**

#### **DISCIPLINE OVER SELF**

**Proverbs 25:28**

**Whoever has no rule over his own spirit Is like a city broken down, without walls.**

Self-control is your defense system. Without it, your life is open to invasion.

#### **DISCIPLINE IN DESIRES**

**Proverbs 23:1-5**

- 1 When you sit down to eat with a ruler, Consider carefully what is before you;**
- 2 And put a knife to your throat If you are a man given to appetite.**
- 3 Do not desire his delicacies, For they are deceptive food.**
- 4 Do not overwork to be rich; Because of your own understanding, cease!**
- 5 Will you set your eyes on that which is not? For riches certainly make themselves wings; They fly away like an eagle toward heaven.**

**Proverbs 27:20**

**Hell and Destruction are never full; So the eyes of man are never satisfied.**

#### **WE CAN DO THIS WITH THE HELP OF THE HOLY SPIRIT**

**Galatians 5:22-23**

- 22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,**
- 23 gentleness, self-control. Against such there is no law.**

#### **SUMMARY**

#### **GOSPEL AND SALVATION CALL**



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**SUPERNATURAL MINISTRY TIME**

**Minister as the Spirit leads**



**LIFE GROUP STUDY GUIDE**



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This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 1.5 to 2 hours. Each Life Group would have up to 12-15 people.

**Preparation**

**Life Group Leader:** To prepare for the Life Group meeting, you can listen to the Sermon or review the Sunday Sermon notes. Please do not make your life group read through the complete sermon notes during the life group. All you need to do is have individuals read the Scriptures listed below and then open for a time of discussion, sharing and learning using the questions given below. All these are available in the "All Peoples Church Bangalore" mobile App or online at our [sermons page](#). Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

**Welcome**

The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

**LISTEN to God's Word**

Read the following Scripture references: *use the Scripture references in the notes*

**INVESTIGATE God's Word Together**

Life Group is a discussion-based, participatory meeting with everyone given the opportunity to share their learning. Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.



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*1, Discuss the importance of discipline and self-control in each of these areas, and how this benefits us and those around us, when we walk in self-control:*

*DISCIPLINE IN WORDS*

*DISCIPLINE IN EMOTIONS*

*DISCIPLINE IN SITUATIONS*

*DISCIPLINE OVER SELF*

*DISCIPLINE IN DESIRES*

*2, Discuss and share how we practically depend on the Holy Spirit in daily life, to walk in discipline and self-control?*

Each one can take a few (3 minutes max) to share one or two key insights and how they see themselves applying it to their specific life situations. Encourage each one to participate and share.

**FELLOWSHIP by sharing your life and spiritual journey**

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

**ENCOURAGE each other by praying and ministering to one another**

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow, bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

*1, families to be protected and strengthened*

*2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.*

*3, for the BUILD TO IMPACT project - for all details to go well as we plan and build our Bible college and church facilities to serve the Lord and people.*

Close by thanking God together.



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### USEFUL RESOURCES

Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

**YOUTUBE:** <https://youtube.com/allpeopleschurchbangalore>

**WEBSITE:** <https://apcwo.org/live>

Our other websites and free resources:

**CHURCH:** <https://apcwo.org>

**FREE SERMONS:** <https://apcwo.org/resources/sermons>

**FREE BOOKS:** <https://apcwo.org/books/english>

**DAILY DEVOTIONALS:** <https://apcwo.org/resources/daily-devotional>

**JESUS CHRIST:** <https://examiningjesus.com>

**BIBLE COLLEGE:** <https://apcbiblecollege.org>

**E-LEARNING:** <https://apcbiblecollege.org/elearn>

**WEEKEND SCHOOLS:** <https://apcwo.org/ministries/weekend-schools>

**COUNSELING:** <https://chrysalislife.org>

**MUSIC:** <https://apcmusic.org>

**MINISTERS FELLOWSHIP:** <https://pamfi.org>

**CHURCH APP:** <https://apcwo.org/app>

**CHURCHES:** <https://apcwo.org/ministries/churches>

**WORLD MISSIONS:** <https://apcworldmissions.org>

**BELIEVERS BIBLE COMMENTARY:** <https://believersbiblecommentary.com>

### SERMON OUTLINE

In this sermon we consider key insights from Proverbs on discipline and self-control. We discuss the importance of discipline and self-control in words, emotions, situations, over self and our desires. We point to the empowering of the Holy Spirit who enables us to be self-governing. We draw practical wisdom principles that guide us in daily living. This sermon includes free audio (mp3) and video of this powerful, motivational, expository teaching, free printable PDF sermon outlines, sermon notes and small group study guide with discussion questions and presentation slides. All resources (sermon PDF, sermon MP3, sermon video, sermon presentation) are free for use in personal study, small groups, Bible study prayer groups, local churches, conferences, Bible colleges, etc.

### KEYWORDS

Proverbs for Daily Living, Proverbs on self-discipline, self-control, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

### REFERENCES/CITATIONS



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Vine's Complete Expository Dictionary of Old and New Testament Words, © 1984, 1996, Thomas Nelson, Inc., Nashville, TN

Mounce Concise Greek-English Dictionary. Edited by William D. Mounce with Rick D. Bennett, Jr. (1993)

Word Pictures in the New Testament. Archibald Thomas Robertson. Published in 1930-1933; public domain.

Word Studies in the New Testament. Marvin R. Vincent, D.D. (1886)